

**IN THE ABSTRACT:**

The abstract has been amended as follows:

A diagonally twisted sole 3 is proposed which consists of may include an undersole 12 and of a midsole bottom 11, the latter midsole bottom being connected to the undersole 12, and various hard inserts 15 being able to be introduced into the undersole 12. Together with a twisted, flexible, rigid or elastic plate 16, the undersole 12 can form an a midsole 12, 16 which ~~can consist of~~ may include several parts. The twisted plate 16 is may be a flat plate or a plate of different thicknesses.